

(TMI Focus, Vol. XV, No. 4, Fall 1993)

HEMI-SYNC® ODYSSEY—PART II

by Barbara Bullard, MA

In the spring of 1989, community college instructor Barbara Bullard and her students began to use the Hemi-Sync® HUMAN PLUS series. They speedily discovered that the tapes were useful across the spectrum of the learning process. With their confidence established, instructor and students were prepared to apply the H-PLUS® tools for personal change and development. Results were every bit as noticeable and startling in that milieu. Barbara gives some of the details below.

FOCUS: Barbara, in our first talk you described how quickly and effectively you and your students were successful with *H-PLUS* in developing study skills—focus, retention of subject matter, and mathematical proficiency.

Barbara: And success in changing personal habits and fostering personal growth and development was comparable.

FOCUS: Could we have some details?

Barbara: Certainly. Many of my students and their family members have used *Eat/No Eat* to help them control their eating habits and to lose weight successfully. Several students have lost up to fifty pounds.

FOCUS: Didn't you mention using *Eat/No Eat* together with *Nutricia* yourself?

Barbara: Yes. I've personally used *Eat/No Eat* and *Nutricia* to help me lose twenty pounds and then to maintain my weight. These tapes complement any diet plan. They've been quite helpful with students suffering from anorexia and bulimia.

FOCUS: How could the same tape exercises be effective in such a variety of situations?

Barbara: Well, the Function Commands provide the flexibility. The Command for *Eat/No Eat* is Plus-Satisfied, Supplied for overall appetite control. The Command for *Nutricia* is Plus-Food More or Plus-Food Less. Therefore, *Nutricia* can increase or minimize the nutrients absorbed from food.

FOCUS: Is change as easily obtained and maintained with obstructive habit patterns and emotional blocks?

Barbara: In my students' experience, this has been the case. Several tapes have been highly effective in overcoming negative memories and emotions.

FOCUS: Which ones, specifically?

Barbara: The most varied impact can be found in using the *Off-Loading* tape. It's purported to help "release restrictive and destructive mental, emotional, and physical patterns that impede achievement of your needs and goals." I've witnessed how this exercise helps people to release past memories of abuse, rape, hurt, and disappointment. Several students have used *Off-Loading* in relation to disabilities and illnesses. It's a very versatile tape to "off load" just about anything.

FOCUS: Could we have one representative instance?

Barbara: Of course! One forty-year-old student used *Off-Loading* to help herself overcome a strong irritation with her husband's behavior and to lose twenty pounds. It worked so well that three weeks later she started using the tape to stop drinking and then to stop smoking. She achieved all of these desired goals in six weeks.

FOCUS: What an achievement!

Barbara: Admittedly, she was motivated! But she said it was the *H-PLUS* Function exercise that helped her to overcome the inertia and fear associated with these personal problems. Numerous students have used it for weight loss, stopping abuse of drugs and alcohol, and releasing the trauma of broken hearts.

FOCUS: Do other *H-PLUS* tapes stand out in this area?

Barbara: *Let Go* is comparable, but I've found it most useful in letting go of the initial anger, frustration, and hurt that interfere with objective decision making.

FOCUS: As a "wrap-up," please tell us about one of your own favorites.

Barbara: *Mobius West* has been very effective in programming desired goals and the time frame for attaining them. It's particularly helpful whenever I have a mountain of papers to grade.

FOCUS: Fascinating. How does it work?

Barbara: I set them in a pile and use the Command [Plus-Change, Change] with the intention to complete the grading by a set time, and voila! On a couple of occasions, I actually had the feeling that time expanded and that I had more energy and less distraction. By the way, the

goal usually includes more papers than I could reasonably think I could grade in the allotted time.

FOCUS: Beleaguered educators will thank you for this tip—at last, a time-stretcher! Thank you, once again. We look forward to your insights on *H-PLUS* to support healing in a future issue.

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